

The Energy Balance Approach to Weight Control

Energy In = Energy Out = Weight Maintenance

Energy Out Greater than Energy In = Weight Loss

Energy In Less than Energy Out = Weight Loss



As you can see, there are 2 parts to this equation—

1. Energy In (the food and beverages that you consume) and
2. Energy Out (the calories you expend through movement)

Step 1: Decide on how much weight you want to lose and at what rate. We recommend between 1 and 2 pounds per week for sustainable weight loss.

Step 2: Decrease energy intake and Increase energy expenditure

Option A - Eat 250 calories less each day and exercise 250 calories a day for a 1 lb weight loss per week

Option B - Eat 500 calories less each day and exercise 500 calories a day for a 2 lb weight loss per week

Note—this must occur consistently **7 days a week! Also, remember more success comes with the combined exercise and food approach**